

Kingsport Senior Center News

April 2014

Volume XXII Edition 4
1200 East Center Street
Kingsport, Tennessee 37660

Picnic at the Park

Thursday, May 22, 2014

**Warrior's Path State
Park**

11:30a.m.-2:30p.m.

**Cost: \$2.00 and bring a
side dish to go with
burgers.**

Sign up begins April 1.

Entertainment by:
John Pafford Band



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert
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392-8404

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Program Leader ~ Marlana Williams
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343-9713

Branch Program Assistant ~ Hannah Baker
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Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

Corn Hole Tournament

We would like to thank all our members who competed in the tournament on Friday, February 28, 2014. Our winners: 1st place: Charles Gray & Joyce Manis, 2nd place: Rena Buonaccorsi & Angela Price and 3rd place: Paul Buonaccorsi & Jim Lane.

ETSU College of Nursing

Randall Nentrup, RN, MSN, MPA, Assistant Professor with ETSU College of Nursing and four nursing students will be conducting a Mini Heath Fair "*Care of the Adult*" on **Tuesday, April 1 & Thursday April 3, 2014** from 9:00 am to 11:00 am on the 1st floor hallway Billiards Room side. Topics on display, with take home information are:

- **Cholesterol:** Why it's so important to keep it under control.
- **Heart Failure:** What does it mean? Importance of taking your heart medications as prescribed, signs & symptoms of a heart attack
- **Hydration:** Why it's more important as you age / warm weather safety, controlling sodium intake & how to identify foods high in sodium content

Blood pressure monitoring will be performed and the students will answer many other health related questions as they arise. All members are encouraged to stop by for some valuable information.

Basic Woodworking Class

Howard Osborne will be teaching a Basic Woodworking Class for 6 weeks on Tuesday and Thursday from 9:00 am to 11:00 am starting **April 8, 2014 to May 15, 2014** in the Woodshop. Cost is \$50.00, sign up in the office. Materials needed will be determined on the first day of class. There will be 3 - 4 wood projects created in class, and must have a minimum of 4 sign up for class to be held.

Fit Test

We will be doing a fitness test on **Wednesday, April 16, 2014** from 9:00 am to 10:30 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

Mini Health Fair

The Senior Center will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, April 22, 2014** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participants for this event will be: AssureSource, Elmcroft of Kingsport, Life Care Center of America and Walgreens. So mark your calendar for this very important date to be part of the fun.

Tennessee Yellow Dot Program

Nathen Hunt with Walgreens will be at the Senior Center on **Tuesday, May 6, 2014** in the Card Room at 12:30 pm. Topic of discussion will be "Tennessee Yellow Dot Program". The Tennessee Program is designed to supply first responders with an individual's medical information in the event of an emergency. This information can mean the difference between life and death in the "Golden Hour" immediate following a serious crash.

* WHY DO IT?

Medical personnel can make the best decision regarding emergency treatment when they know a crash victim's medical conditions, medications or medical allergies This can mean the difference between life and death.

* WHO SHOULD DO IT?

- Tennessee has over 1.5 million licensed drivers fifty-five (55) years and older.
- Approximately 7.4% of Tennessee's senior drivers have been involved in some type of fatal or injury crash.
- Anyone can be in a crash or have a medical emergency.
- The program is a simple way to make sure you are prepared.

LUNCH & LEARN

Fall Prevention: Dr. David Franzus, M.D., Internal Medicine, Gerontology, will be at the Center on **Thursday, May 8, 2014**, in the Room 239 from 10:30 am to 11:30 am with lunch sponsored by Elmcroft Assisted Living at 11:30. Topic of discussion will be "Facts About Falls".

Falls and Fall Injuries:

- Are more common than strokes and can be just as serious in their consequences
- Are the most preventable cause of needing nursing home placement
- Lead to problems with daily activities like dressing, bathing, and walking around

Among Adults 70 Years and Older:

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- In the United States, 16 percent of all Emergency Department visits and almost 7 percent of all hospitalizations are for fall-related injuries

So stop by the office or call 423-392-8400 to sign up, there is a limit of 50 seats available.

Friendship Quote of the Month

Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.

~ **Mahammad Ali** ~

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basketweaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

Senior Dance Showcase

Tuesday, April 8, 2014
Theater
6:30p.m.-8:30p.m.
FREE

Come check out the variety of dance classes the senior center has to offer and what our dance classes have been working on.

TRAVEL AND SPECIAL EVENTS

“Dyrad: An Appalachian Tale”- Tuesday, April 29, 2014– Barter Theater– 10:30a.m.-6:00p.m.– Cost: \$20.00 plus lunch on your own– Lunch at Logan’s Road-house

Wood Burning with Michele Howe– Friday, April 11, 2014—10:00a.m.-2:00p.m.– Room 303– Cost: \$45.00 per person– See picture in display case– Sign up now!

Cooking with Tracy– Monday, April 14, 2014– 11:00a.m.-12:30p.m.– Lounge– Cost: \$2.00 paid at signup– Limit to 12 participants due to size of kitchen– Sign up now!

Bob Ross Style Painting– Wednesday, April 16, 2014 – 10:00a.m.-2:00p.m.– Room 303– Cost: \$50.00 paid to instructor– Instructor: Jay Holdway– See example in display case– **Bring your lunch**– Supplies provided– Sign up now!

Basic Beginning Painting– Friday, April 25, 2014– 1:00p.m.-4:00p.m.– Room 303– Cost: \$20.00 paid to instructor day of class– Instructor: Anne Thwaites– Focus will be on a still portrait of a teapot– Limit to 10 people– Sign up now!

Trunk Sale– Friday, May 30, 2014– Front parking lot– 8:00a.m.-12 noon– sign up for spot in the senior center office for free– Sign up begins April 2.

Basic sewing on a sewing machine– Monday’s beginning May 5 and ending June 9, 2014– 5 week class– 11:00a.m.-12:30p.m.– Room 303– Cost: \$40.00 for members/ \$50.00 non members/pay day of class– Limit to 6 people– Instructor: John Plutchak– **Must bring sewing machine**– sign up begins April 1.

Learn the basic of sewing on your sewing machine. Learn to read a pattern and how to determine fabric and notion requirements. We will complete some projects that may include a tote bag, apron and or pajama pants.

For first class– Must have sewing machine, bobbins thread, thread scissors, and fabric scraps.

Barter Theater Presents:
“Educating Rita”

Tuesday, May 20, 2014
Abington, VA
10:30a.m.-6:00p.m.
Cost: \$20.00

Lunch will be on your own at Red Lobster

Rita is ambitious, feisty, and dissatisfied with her working-class life. When she enrolls in night school, its just her luck to get stuck with an empty, jaded English professor who just wants to coast until retirement. A humorous story about the freedom of education and the power of choice. In the end, who is the teacher and who is the student? This play was made famous by the movies starring Michael Caine.

Sign up begins April 8.

Last day to sign up is May 6.

KACL/Senior Center Presents: “The Killing of Osama Bin Laden– Lecture by Dr. Joseph Fitsanakis

Thursday, April 17, 2014
Room 239
1:30p.m.-3:30p.m.
FREE

Sign up begins April 4.

TRAVEL AND SPECIAL EVENTS

OTLB: The Grovewood Café

Friday, May 9, 2014
Asheville, NC
9:30a.m.-6:00p.m.
Cost: \$8.00

Lunch menu available at front office at sign up. Lunch is \$13.00 plus \$2.00 for soda and 20% gratuity/tax.

After lunch there will be time to explore Grovewood Gallery which includes the Homespun Museum, Antique Car Museum and Art Exhibition “The In Crowd”.

There are over 9,000 square feet of crafts for sale by more than 500 artists.

www.grovewood.com and
www.grovewoodcafe.com– to see pictures and more information about Grovewood Café.

Sign up begins April 9.

Bristol Motor Speedway Tour

Tuesday, May 13, 2014
Bristol, TN
8:30a.m.-4:30p.m.
Cost: \$9.00 plus lunch on your own

Lunch at Shoney’s.

47 spots available

Tour starts at 10:00a.m.—Lunch will follow after.

Sign up begins April 4.

Moses H Cone Memorial Park and Parkway Craft Center

Wednesday, May 21, 2014
Bowling Rock, N.C.
8:30a.m.-5:30p.m.
Cost: \$18.00 includes transportation and picnic lunch

This trip will be for everyone with walking trails, scenic views, beautiful Georgian Revival architecture, southern highlands craft shop, ect. Please look up parkway craft center at the Moses Cone Manor on the internet.

Sign up begins April 4.

Kingsport Senior Center Trip Refund Policy

When signing up for a trip please note if the trip is available for a refund should you have to cancel for any reason, even when there is an emergency. When pre-purchased tickets are involved, such as with the Wohlfahrt Haus or UT basketball games, refunds are only available if the center is able to sell the cancelled ticket to another member on the waiting list. The center tries very hard to sell the pre-paid ticket to those on the waiting list however in some instances this is not possible either due to no one on the waiting list or those on the waiting list have made other plans and not interested in going on the trip. This does not apply to long trips where insurance is involved or on trips that do not require pre-paid tickets.

Your Page

From the Dancing Corner

APRIL DANCE AT THE RENAISSANCE CENTER

This month’s dance, sponsored by Friends of the Kingsport Senior Center, will feature an inaugural performance by the BILLY CRAWFORD BAND on Friday evening, April 11, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Billy Crawford is one of East Tennessee's premier blues guitarists, joined by Jay Corder on saxophone, Rex Boggs on vocals and guitar, Robert McClain on bass, and Keith Chinault on Drums and vocals. Crawford’s five-man band scintillates with a seasoned sound that’s part Delta, Chicago, Detroit, Memphis and British blues. They rock. They roll. “Blues and rock,” Crawford said. “We do the Dick Dale surf rock.”

Crawford led his own surf rock band, The Thunderheads, from 2007 until about 2010. “You’ll hear everything from Robert Johnson through Dick Dale to Cream,” he said. “I’ve played it all. I love the American stuff and I love the British stuff.”

That love of music began in church. That’s where he first picked up and played a guitar in public. His first guitar was a blue light special six-stringer from K-Mart. A few years later, Crawford burrowed deep into his wallet for a real axe. “A Gibson Les Paul gold top,” he said. “Got it at Morrell’s for \$600 in 1982. The first blues song I learned to play was probably ‘Pride and Joy’ by Stevie Ray Vaughan.”

Ten years later, Crawford started a decade of touring the world playing the blues. His break came as a member of Grammy-nominated Deborah Coleman’s band. “That was 280 days per year.” Crawford said. “I recorded four albums with her. We toured in 22 countries. That’s the life I wanted, and it was great.”

Life changed when Crawford’s son was born in 2003. He happily left the road and found a job. But he didn’t quit music. Several bands later, including The Backtalkers, Crawford formed his latest group in August, 2012.

Pay attention as Crawford plays. From time to time entrenchment happens, he zones out and the world ceases to exist as he and his guitar meld into one.

Come out to dance to blues rock, 60’s rock, and surf music. These rhythms are particularly suited to Slow dance, West Coast Swing and Shag. Or just come to listen to a premier blues guitarist and his band. Since main floor sitting space may be at a premium, if you are coming primarily to listen, feel free to sit in the balcony for a good view of the band and dance floor.

Friends of the Kingsport Senior Center presents

APRIL



Renaissance Gym
1200 East Center Street
Kingsport, TN
Admission:
\$5 per person

APRIL DANCE



BILLY CRAWFORD BAND
Friday, April 11, 2014
6:30-10 PM

Contact:
423 288-2668

Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$15.00
Call to schedule appointment

The woodshop will close down every last Friday of each month for cleaning.

Anyone interested in chess? If so, let Michelle know at 392-8404.

If you have not done so, go like us on facebook! We reached 700 likes and we had a free dunkin doughnuts day! Who knows what will happen if we reach 1,000! Tell your friends! Our facebook page is a great way to checkout our upcoming events and see what all is happening at the center.

Also, like our Kingsport Artisan Center page!

Easter Egg Hunt with New Vision Youth

Wednesday, April 2, 2014
Front Lawn
10:30a.m.-11:30a.m.
FREE
Lots of good prizes!

NEWS TO USE

Call for Writing Submissions

The Downtown and West Oakland Centers Creative Writing programs announce the upcoming publication of ***Word Movers*** a professionally published anthology containing creative writings of seniors. The anthology is scheduled to be released in June 2014. We want to provide senior writers, whose voices are not normally heard, a chance to express their ideas through their poetry, short stories, and essays. We are currently seeking submissions from creative writing seniors (age 50 and over) in the following categories: poetry, short stories, and essays. There is a \$15.00 fee per entry to assist us in the editing and printing costs. Please be aware that your payment does not guarantee that the material will be selected for publication in *Word Movers*.

- entries must be received at the senior center no later than 5:00p.m. on Wednesday, April 15, 2014.**
- All entries must be submitted both on paper and on a cd. The entry must be word processed by using Microsoft word. **We are not able to process entries in WordPerfect or other software formats.** Please use 12 point type, and double space. Poetry entries may be single spaced. Author’s name should appear on each entry.
- The CD must contain no files other than entries, and must be prepared using Microsoft word software.
- No entries will be accepted without a CD. Sorry, CD’s will not be returned.
- **No handwritten, faxed or emailed submissions will be accepted.**

- 1.Writers may submit up to five pieces. The fee for each individual submission is \$15.00. Checks should be made payable to the Downtown Oakland Senior Center.
2. Submissions must be accompanied by a completed form and all payments.– **You may pick up forms in the front office of the Kingsport Senior Center.**
3. Maximum Length:
Poetry– 70 lines
Short Stories– 2,000 words
Essays– 1,000 words

Editing: All articles published will be edited for content, clarity, and space at the full discretion of the publisher/editor.

Returning originals– If you wish to have your entries returned to you, you must provide a stamped, self-addressed envelope (one that is large enough to hold your cd) with the correct postage.

Disclaimer– Our creative writing programs assume no responsibility for lost, misdirected, stolen entries, or printing errors in the final publication.

Call 392-8404 for more information.

Hannah’s Corner

Crock Pot Mac and Cheese

Ingredients:

- 16 oz. elbow macaroni
- 16 oz. Monterey jack cheese, cubed
- 16 oz. Colby cheese, cubed
- 16 oz. velveeta, cubed
- 1 stick of butter, cut into slices
- 16 oz. milk
- Salt and pepper, to taste

Directions:

Spray crock pot lightly with cooking spray. Layer 1/3 of the macaroni in bottom. Layer half of cheese, butter, salt and pepper. Repeat, ending with last 1/3 of macaroni on top. Pour milk over mixture. Cook on low 4 hours and stir after about 2 hours.

TN SHIP (Tennessee State Health Insurance Assistance Program) will sponsor a free seminar for people interested in better understanding Medicare. The "SHIP Volunteering" presentation will be held at 12:30 p.m. Thursday, May 15 at the Kingsport Senior Center, 1200 E Center St #121Kingsport, TN 37660. Even those who currently have Medicare coverage could benefit from this detailed overview. Topics will include an introduction to Medicare including what Medicare covers, supplemental insurance, Part D prescription coverage, Medicare advantage plans, and how you can use your knowledge of Medicare to benefit others. SHIP is pleased to partner with the Kingsport Senior Center in presenting this important information to the community. SHIP offers free and unbiased counseling and information on Medicare issues. SHIP does not sell, recommend or endorse any insurance product, agent, insurance company or health plan. For more information about the "SHIP Volunteering" presentation and for more info on volunteering email rramsey@ftaaad.org or call [423-722-5107](tel:423-722-5107), or for assistance in dealing with Medicare issues call [1-877-801-0044](tel:1-877-801-0044).

Computer Class Schedule

iphone basics– Saturday, April 12, 2014– 9:30a.m.-11:30a.m.– Card Room– Cost: \$10.00– Bring your device– Sign up now in front office!

ipad basics– Saturday, April 19, 2014– 9:30a.m.-11:30a.m.– Card Room– Cost: \$10.00– Bring your device– Sign up now in front office!

Kingsport Senior Artisan Spring Open House

Tuesday April 8, 2014
5:30-7:30
257 Walker Street

Join us for delicious treats and shop our handmade art made by local artisans. Do you need gifts for Easter, Mother's Day, and graduations? We've got you covered!



Genealogy Group , 9:00 am Friday’s

Computer lab is available when not being used for class.

Interested in Needle Tatting?
If so, call the senior center office.
We need 5 to schedule a class.

Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433. **Last day for these classes is May 15th.**

Manicures

Provided by DB Cosmetology students
Tuesday, April 8, 2014
Appointments are 11:30 a.m.—1:30 p.m.
1 Hour appointments
Cost: \$2.00, paid to manicurist
Sign up in the senior center office



KARAOKE
Tuesday, April 15, 2014

Volunteers Wanted

(See Michelle if interested)

- Planting flowers in outside flower boxes– TBA
- Easter Egg Hunt– April 2
- Dance Showcase– April 8
- Easter Lunch– April 15
- Language barrier help/interpreter
- Greeters
- Tour Guides of facility

Check out the Volunteer Board by the office too

***Plan to attend the “Smile” meeting Wednesday, April 9, 2014, 12:30 pm, cafeteria**

Thank You Volunteers!

Library Book Day
Thursday, April 17, 2014

Spring Session Classes 2014

Classes begin week of April 7, 2014—week of June 23, 2014, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:30pm
 - Room 302
- No instructor, practice to own

Basic Woodworking

- Tuesday / Thursday
- New class will be April 8 - May 15, 2014**
- 9:00 am— 11:00 am
- Location: Wood shop
- Instructor: Howard Osborne
- Fee: \$50.00 paid to instructor
- Will create 3 — 4 wood projects in 6 weeks
- Materials needed will be determined 1st class meeting
- Sign up in senior center office

Basket weaving

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

Clay (Beginning Hand building)

- Monday Beginning March 31-June 2, 2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Sign up began March 3.**
- Max 2 sign up per person
- Class will include un-instructed lab time on Tuesday’s (April 1-May 27, 2014) from 1-3 p.m. This lab time will be used for practice.

Clay (Intermediate Hand building)

- Wednesday beginning April 2-June 4,2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds, sign up began March 3.**
- Max 2 sign-ups per person
- Pre-requisite must have taken beginning hand building.

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Spring Session Classes 2014

<p>Happy Day Singers</p> <ul style="list-style-type: none">MondayTime: 9:45amInspirational singing at nursing homes <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to location where we are scheduled to sing.</p> <p>Jam Session</p> <ul style="list-style-type: none">ThursdayTime: 12:30 noonLocation: CafeteriaBring your instrument and play with the group, dance or just enjoy the music! <p>Karaoke</p> <ul style="list-style-type: none">3rd Tuesday each monthTime: 4:00pmLocation: CafeteriaBring a snack <p>Knitting Class</p> <ul style="list-style-type: none">MondayTime: 1:00 - 3:00pmLocation: Room 303Instructor: Barbara WhiteAll skill levels <p>Lap Swimming</p> <ul style="list-style-type: none">M-FTime: 10:00am-NoonLocation: Aquatics CenterNo instructor, lap swimmingLocker room and warm water pool available for use.	<p>Mahjong</p> <ul style="list-style-type: none">FridayTime: 1:30pmLocation: Multipurpose RoomInstructor: Jean Chang <p>Beginners to Advanced players Welcome.</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none">Tuesday & ThursdayTime: 8:45am - 9:15amRoom: 302Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none">Friday'sTime: 9:00am-11:30amRoom: Multipurpose RoomInstructor: Freda KarsnakFee: \$15.00 paid to instructorCall to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none">MondayTime: 9:00am - 10:30amLocation: Room 303Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none">TuesdayTime: 10:00am - 11:00amLocation: AtriumInstructors: Lucile Hincke and Jan Fenelon	<p>SilverSneakers Classic</p> <ul style="list-style-type: none">Monday, Wednesday & FridayTime: 8:15am - 9:00amLocation: GymLow Impact AerobicsInstructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none">Monday, Wednesday & FridayTime: 10:15am - 11:00amLocation: GymInstructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none">Tuesday, ThursdayTime 9:30am - 10:30amLocation: GymInstructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none">Monday & WednesdayTime: 8:30amLocation: Senior center, Room 310Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none">ThursdaysTime: 9:00am - 12:00 noonLocation: Room 303Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none">Monday, Wednesday, FridayTime: 9:00am-2:00pmLocation: WoodshopVolunteer InstructorsComplete woodshop. Safety test Required, given 1st Monday of each month at 9 am. <p>Zumba</p> <ul style="list-style-type: none">Tuesday and ThursdayTime: 8:15amLocation: GymInstructor: Terri Bowling
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WINTER 2014 BRANCH SITE SCHEDULE

<p><u>Core Conditioning</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks• Great for all ages• Gain core strength <p><u>Beginning Crochet</u></p> <ul style="list-style-type: none">• Tuesday,• 6 week class• 11:00-12:00• Instructor: Susan Egan• \$25.00• Must be right handed, call for materials list. 765-9047 <p><u>Intermediate Crochet</u></p> <ul style="list-style-type: none">• Tuesday• 6 week class• Instructor: Susan Eagan• 12:00-1:00• \$25.00• Bring your own pattern <p><u>Beginning Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 10:00am - 12:00 noon• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Basic drawing class <p><u>Advanced Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 9:00am –11:00am• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Must have taken the beginning class or have permission of the instructor <p><u>Line Dance - Beginning</u></p> <ul style="list-style-type: none">• Monday• Time: 11:30am - 12:30pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell <p><u>Line Dance - Intermediate</u></p> <ul style="list-style-type: none">• Monday• Time: 12:45pm –1:45pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell• Faster-paced, less instruction for advanced dancers.	<p><u>Advanced Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:00am - 11:30am• Location: First Broad Street UMC Rec. Room• Instructor: Tish Kashdan <p><u>Private Personal Training with Chris</u></p> <ul style="list-style-type: none">• Call for appointment ~ 723-9967• Call for prices• Instructor: Chris Hicks <p><u>Artist and Crafters Monthly Breakfast</u></p> <ul style="list-style-type: none">• 2nd Tuesday• 9:30am• Lynn View Branch Site• Please call for reservation 765-9047 <p><u>Strength Training</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 9:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:30am - 12:30pm• Location: First Broad Street UMC• Instructor: Tish Kashdan <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none">• Tuesday 10:45am• Location: Lynn View Branch Site• Instructor: BJ Goliday• Minimum of 8 students required <p><u>SilverSneakers Muscular Strength and Range of Movement</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Piloxing</u></p> <ul style="list-style-type: none">• Tuesday• Time: 9:30am• Location: Colonial Heights Baptist Church• Instructor: Terri Bowling• This class is a combination Pilates and kick boxing and is an intense workout. <p><u>* New Silver Sneakers Yoga beginning Soon at Lynn View Branch site. Watch for details!!!</u></p>	<p><u>Total Body Workout</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 9:30am• Location: VO Dobbins Community Center Gym #2• Instructor, Terri Bowling <p><u>Game Day</u></p> <ul style="list-style-type: none">• 3rd Tuesday of Month• Time: 12:00 noon• Lynn View Cafeteria• Group Leader: TBA• Sequence and variety of board games• <p><u>Pickleball</u></p> <ul style="list-style-type: none">• Monday, Wednesday & Friday• Time: 1:00pm - 3:00pm• Lynn View Branch Site <p><u>Silver Sneakers Yoga ***NEW</u></p> <ul style="list-style-type: none">• 6 week class• Wednesday• Time: 11:00am• Location: Colonial Heights Baptist Church• Instructor: Darlene Taylor <p><u>Indoor Walking</u></p> <ul style="list-style-type: none">• Monday - Friday• Time: 9:00am - 12:00 noon• Location: Colonial Heights Baptist Church walking track• There will be a roster in the gym office at the church. Please sign the roster as with any other class.
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Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047. Visit our website www.kingsportseniorartisancenter.com And like us on Facebook

<div data-bbox="108 475 677 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <div data-bbox="124 1174 514 1442">  </div> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: TBA • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential) Begins 1/13/14</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria 	<p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><u>CULTURAL/ARTS/CRAFTS</u></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>Intermediate Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M.</p> <p>Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>HEALTH/EXERCISE</u></p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) 	<p><u>SilverSneakers Yoga:</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Thursday, 11:00a.m. • Location: Lynn View cafeteria <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks (Begins Jan 16) • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <div data-bbox="1352 944 1729 1280">  </div> <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm (Begins Jan 14) • Instructor: Becky Mills • Limited to 15 participants • Location: Kingsport Renaissance Center • \$30.00 payable first night of class <p><u>DANCE CLASSES</u></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begins Jan 23) • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begins Jan 22) • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class (Begins February 4) • Tuesday and Thursday • Time: 1:30pm • Room 302, Renaissance Center • Instructor: BJ Goliday <p>* Call for starting dates where not listed.</p>
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Kingsport Senior Center and Tennessee Donor Services offer an uplifting and informative look at what is happening to real people within the Kingsport community. As they tell their personal stories of the gifts of their lives and the fight to survive, on stage, with us in the 2nd floor theater, on April 22nd, 2-4pm, learn more about these exceptional stories and the part we can all play in giving gifts of life. This program is free, and refreshments will be served outside the theater. All are welcome to attend this powerful event. now!

Sign up begins April 1

Adam Lively



Rosebowl Parade Floragraph Honoree



On the rainy evening of January 16, 1998, Adam Lively and his friends were on their way back to college when the driver swerved to avoid hitting an animal and lost control of the car. The vehicle rolled, causing Adam to sustain a severe head injury.

Four days later, on the morning of January 20, Adam's nurse told his family that the battle to save him was lost. "The Adam we knew was gone," said his father, Dave.

Just six weeks before the accident, Adam told his mother about his intention to be an organ donor. "Adam already made the decision for us," said his mother, Barbara. "It is a decision that we have never regretted." Adam's gracious gift saved the lives of five people and improved the quality of life for over 50 more.

The youngest of three brothers, Adam was a senior at East Tennessee State University majoring in philosophy. He was much-loved by his many friends and fraternity brothers, who cherished Adam's ability to be the center of attention when it came time to share stories and join in on the fun.

Dave recently had the opportunity to meet one of Adam's classmates at a Donate Life event. "Her words will always stay with me," he recounted. "She said, 'I loved Adam because he always made me laugh.'" After a moment of reflection, he concluded, "**THAT** is who Adam was."

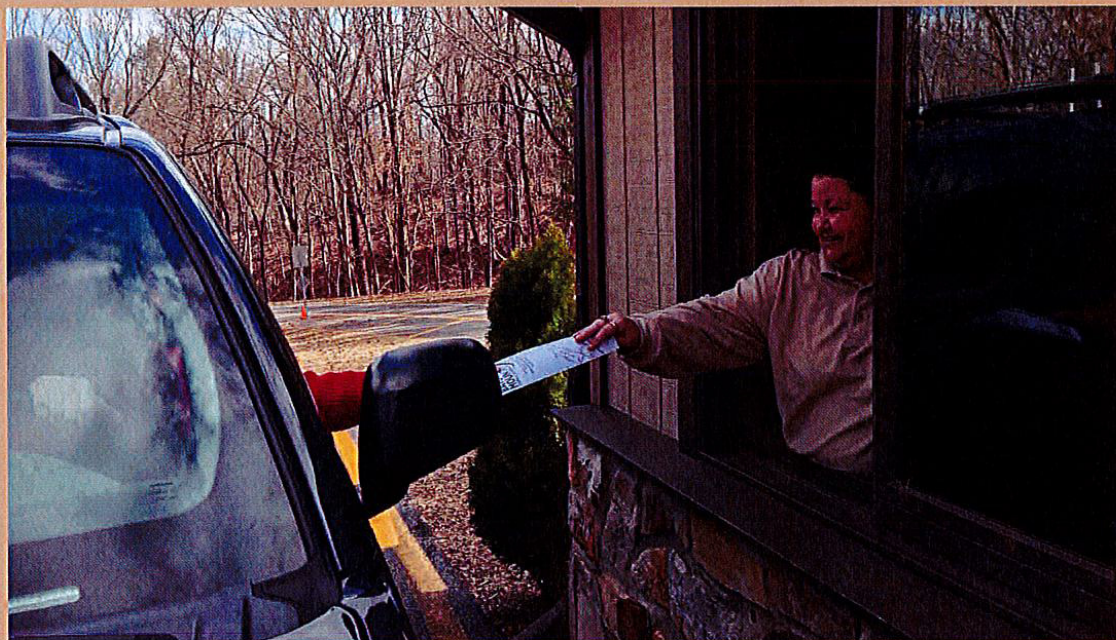


Since 2004, the Donate Life Rose Parade Float has served as a memorial to organ and tissue donors and a platform for donor families, living donors, and transplant recipients to inspire the world to save and heal those in need through the gift of life. Each year, the Donate Life float's memorial floragraphs honor deceased organ, eye, and tissue donors nationwide. Through these artistic portraits – most of which are decorated by the honorees' family members – we honor them, their families, and donors everywhere.

Visit www.DonateLifeTN.org to learn more, or to register as an organ, eye, and tissue donor.

VOLUNTEER AT BAYS MOUNTAIN PARK

**Have Fun! Meet New Friends!
Enjoy Nature!**



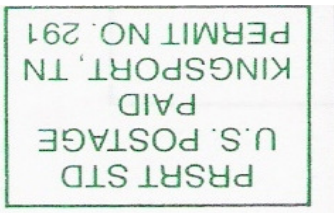
GATEKEEPER HELP NEEDED IMMEDIATELY!!!

Gatekeeper's friendly greetings and smiles have long been one of the big reasons Bays Mountain Park has so many supporters and repeat visitors. Now, we need YOUR help continuing this tradition. Gatekeeper volunteers are needed to work for as little as four hours a day to as much as eight hours in any given day(s) Monday thru Friday. Experience is not necessary for this position; just a friendly, warm smile and enthusiasm for welcoming and assisting our visitors as they arrive. We'll teach you the rest.

****Interested participants encouraged to contact Park Manager Ken Childress for more information or to apply at 423-229-9447, or via email at kenchildress@kingsporttn.gov**

www.baysmountain.com





**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

Afternoon Tea Party

Monday, May 5, 2014

Cafeteria

12:30p.m.-1:30p.m.

FREE

**Bring your favorite
teapots to be judged!**

Wear your best hat!

**Refreshment
provided!**

**Sign up begins
April 1.**